

## BLOOD DONATION

You're somebody's type when it comes to giving blood! People donate for all sorts of different reasons; some know a family member or friend that is need of blood, some know a person or themselves that have been saved by blood donation, and some believe it is just the right thing to do!

To the naked eye, all blood looks alike, but different blood types need to be matched correctly. There are four major types of blood (A, B, AB, O), which are determined by the present or absence of certain antigens. Since some antigens can trigger a person's immune system to attack the transfused blood, blood is carefully typed and cross-matched before receiving blood.

Do you know your blood type?

Group O: can donate red blood cells to anybody. It's the universal donor.

Group A: Can donate red blood cells to A's and AB's

Group B: can donate red blood cells to B's and AB's.

Group AB: can donate to other AB's, but can receive from all other.



### MCH HOTLINE

This hotline is a link to services for pregnant and postpartum women and children.

Call 1-800-722-2295 for information on BadgerCare Plus, WIC, Health Check, and more!

## WALK YOUR WAY TO FITNESS!

### PEDOMETER GAMES FOR KIDS



1. Set a daily step goal (10,000 steps a day is typical for adults, kids usually walk about 12,000 steps a day=about 5 miles). Set a lower number then work your way up!
2. Take a Day Trip (zoo, theme park, or hiking/walking trails).
3. Play a Guessing Game (how many steps does it take to walk from your front door to the oak tree in the back yard?)
4. Plan a Treasure Hunt
5. Set a Family Challenge
6. Play Tag

### NPAW GROUP

IF YOU HAVE INTEREST IN NUTRITION AND PHYSICAL ACIVIITY IN YOUR COMMUNITY, CONSIDER JOINING THE NUTRITION AND PHYSICAL ACITIVITY WORKGROUP (NPAW).

TO INQUIRE, CALL (920)388-7160.

## WORLD'S BEST MOM



PICTURED ABOVE, WORLD'S GREATEST MOM AND HER FAMILY

This \_\_\_\_\_ just \_\_\_\_\_ in, \_\_\_\_\_ a \_\_\_\_\_ mom  
named \_\_\_\_\_,  
from \_\_\_\_\_ has just been  
named the World's Greatest Mom!

This \_\_\_\_\_ mom is loved  
by her family because she is  
so \_\_\_\_\_  
and \_\_\_\_\_.

Her child was quoted as saying "My mom  
rocks. \_\_\_\_\_ She \_\_\_\_\_ is  
\_\_\_\_\_."

When she \_\_\_\_\_

\_\_\_\_\_ it  
makes me so happy. I love doing things  
with \_\_\_\_\_ her, \_\_\_\_\_ especially

\_\_\_\_\_.  
She \_\_\_\_\_ is \_\_\_\_\_ so \_\_\_\_\_ good  
at \_\_\_\_\_.

SHE REALLY IS THE BEST!"

MOTHER'S DAY IS MAY 10<sup>th</sup>

## MOTHER'S DAY BREAKFAST



### Avocado and Feta Frittata Recipe

#### Ingredients:

- 6 large eggs
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 avocado (cubed)
- 1/2 cup crumbled feta cheese (divided)
- 1/3 cup oil-packed sun-dried tomatoes, chopped
- 1 tablespoon oil
- 2 cups baby arugula (divided)

#### Directions:

1. Preheat broiler.
2. In a medium bowl, beat eggs with salt and pepper.
3. Stir in half of the avocado, half of the feta and half of the tomatoes, and set aside.
4. Heat oil (can be from the tomatoes) in a 9-inch oven-proof skillet over medium heat. Stir in 1-1/2 cups of the arugula until wilted, about 30 seconds.
5. Add beaten egg mixture. Cook until eggs start to set, lifting sides a bit to let uncooked egg run underneath, about 5 minutes.
6. Sprinkle with remaining cheese and tomatoes.
7. Transfer skillet to broiler. Cook until eggs are set, 1 to 2 minutes; remove from broiler.
8. Sprinkle with remaining avocado and arugula. Serve hot.

Prep Time: 10 Minutes  
Cook Time: 20 Minutes  
Total Time: 30 Minutes

